

**Blue Springs Parks & Recreation
Flag Football League
Official Rules**

SECTION 1 - GENERAL RULES

1. How many players on the field - Seven (7).
2. Substitutions - Unlimited substitutions. A player may not enter the huddle and then remove himself without running at least One (1) play, unless time out is called.
3. Forfeits - To avoid forfeit a team must have a minimum of Five (5) players to start a game and Five (5) to finish.
4. Number of Referees - Two (2) Line Judge and Field Judge, Two (2).
5. Huddle Time - Twenty-five (25) seconds from the time of the officials ready whistle.
6. Simultaneous Catch - Offense maintains possession.
7. Legal Catch - Receiver must have at least two feet in bounds and ball under control. All players are eligible receivers.
8. Stiff Arm - Illegal.
9. Arm in Motion - When a passer is deflagged before releasing the ball, ball is dead at the spot. If the ball is in the passer's hand, ball is dead at the spot. If the passer's arm is in motion and the ball has left the passer's hand ball is live, no sack.
10. Fighting - Any player involved in a fight shall be assessed a fifteen yard unsportsmanlike conduct penalty and be ejected from the game. The player is also disqualified for the following two (2) games. If it is the second (2) incident in a single season the player shall be removed from their teams roster for the remainder of the season. There are no appeals.
11. Inadvertent Whistle - Replay down from line of scrimmage.
12. Field Diagram 40X80 yard fields, striped at Five (5) yard intervals will be used.
13. Stances - Any stance (2,3 or 4 pt.) is legal.
14. Snaps - all snaps that hit the ground are live. All snaps must pass through the center's legs. Direct snaps are legal.
15. Minimum on the Line - A minimum of four (4) players must be on the offensive line of scrimmage at the snap. (The center must be covered-up).
16. Man in motion - Only One (1) man may be in motion at the time of the snap. Man in motion must be parallel to the line of scrimmage or moving away. If the man in motion is one of the four (4) men on the line, they may not be moving away from the line and must not be off the line at the snap.
17. One (1) Forward Pass - Only One (1) forward pass per down will be allowed.
18. Player out of bounds - Player out of bounds on own is ineligible receiver, if forced out see Section 8 – Penalty Chart.
19. Flags fall off inadvertently - Reverts to touch between shoulders and knees.
20. Chucking Receivers - Unlimited chuck off the line permitted in One (1) to Five (5) yard zone from the line of scrimmage. Open hand, stay off shoulders and head.

21. Chucking the Center - Defense may not touch center until he assumes a blocking stance. Defense must stay one yard minimum away from center.
22. Excessive Roughness away from play - Any player using excessive force away from the play (blocking, holding, or tackling) shall be assessed a fifteen (15) yard unsportsmanlike conduct penalty. If it is the second (2) incident in a single game the player shall be ejected from the game.
23. First Down - Offense must cross Three (3) lines for a first down. The total distance may vary from Eleven (11) to Fifteen (15) yards, depending on the placement of the ball.
24. Guarding the Flag - Runners may not use their hands, arms, or the ball to guard the flag. Dipping the shoulder is also illegal.
25. Flag Removal - When flag is pulled, drop flag at spot of removal. If flag fails inadvertently tag between the shoulders and knees is required.
26. Grabbing - The jersey or flagbelt may not be held to hinder the progress of the ball carrier while attempting to remove the flag.
27. Touching - One (1) hand tag between the shoulders and knees. No rough tags.
28. Tackling - The ball carrier may not be pushed down, or ridden down even if the intent was to remove the flag.

SECTION 2 - BLOCKING

1. Regular blocking will be allowed along the line of scrimmage, but feet must stay in contact with the ground at all times (cross body or crab blocks will be illegal). Excessive rough blocks will also be penalized.
2. Screen blocking must be used down field. This involves the blocker being in an upright position without the use of hands or extended arms.
3. Rough tactics such as attempting to run over or batter down an opponent will be penalized.
4. Defensive players may not run through a blocker, they must run around the block.
5. All illegal blocks will result in a 15 yard penalty. Players involved in excessive rough blocking will also be subject to ejection.

SECTION 3 - EQUIPMENT

1. The Ball - Official Football will be provided for all games. You may not use your own ball for any reason.
2. Jerseys - Opposing teams must wear contrasting jerseys. Length cannot interfere with flag pulling. Pullovers will be provided if teams have similar colors.
3. Pants & Shorts - Any style permitted. However pockets provide an excellent hand hold and may result in ripped clothing.
4. Flags - Flags will be provided and must be worn on each hip.
5. Shoes - No metal spikes.

6. Pads - No pads permitted. (Exception - only pads to protect an injury, which must be approved before a game).
7. Accessories - Gloves, knee pads, ace bandages and mouth pieces are permitted. Hats may be worn, but must be worn backwards.

SECTION 4 - TIME OF GAME

1. Game Length - The game will consist of Forty (40) minutes of play. There will be Two (2) , Twenty (20) minute halves. Regulation stop clock during last Two (2) minutes of each half.
2. Opening & OT Coin Toss - Home Team will call in air. Winner will choose One (1) of Four (4) options:
 - A. Kickoff
 - B. Receive
 - C. Which goal to defend (Director)
 - D. Defer choice to second half

If the winner chooses to kickoff or receive the loser must choose which goal to defend, and will make One (1) of the Four (4) choices the second half.

If the winner chooses which goal to defend. The loser must choose to kickoff or receive, and will make One (1) of the Four (4) choices the second half.

If the winner defers their choice to the second half, the loser may choose One (1) of the remaining Three (3), and the winner will make One (1) of the Four (4) choices the second half.

3. Time - Game time is to be kept by head Official. Play time is kept by the Line Judge.
4. Starts and Stops of Time - Clock starts when kickoff is touched. Clock runs continuously for first Eighteen (18) minutes of each half unless stopped for:
 - A. Score (Touchdown, Field Goal or Safety). Starts when kickoff is touched.
 - B. team Time outs. Starts on the snap.
 - C. Official time out. Starts on the ready whistle.
5. Two Minute Warning - Clock stops, starts at the snap.
6. Last Two (2) Minutes - Clock stops for:
 - A. Incomplete pass. Starts on snap.
 - B. Out of bounds. Starts on snap.
 - C. Team time outs. Starts on snap.
 - D. Fair Catch. Starts on snap.

- E. Touchback. Starts on snap.
 - F. Scores. Starts when kickoff is touched.
 - G. First down. Starts on ready whistle
 - H. Penalty. Starts on snap.
7. Point spread - If a team leads by Twenty-one (21) points or more in the second half at the Two (2) minute warning, the game is over.
 8. Time Outs - Each team will have One (1) time out per half. Each time out is One (1) minute in length.

SECTION 5 - TIE GAMES OVERTIME

1. With a tie at the end of regulation play, there will be a Five (5) minute sudden death play off. If at the end of the Five (5) minutes the game is still a tie it will remain a tie in the standings.
2. Championship and playoff games which are tied at the end of regulation play, will be decided by sudden death overtime. First team to score wins.

SECTION 6 - THE KICKING GAME

1. Kickoffs -
 - A. At least Four (4) players on the line.
 - B. Kickoff from the thirty (30) yard line on an eighty (80) yard field.
 - C. Receiving team lines up Ten (10) yards from the kicking team.
 - D. Ball must be possessed. (Onside kicks are legal but cannot be advanced).
 - E. Muffed kicks must be possessed.
 - F. Fumbled kicks are live.
 - G. Kickoffs can be brought out of the end zone.
 - H. Kickoffs out of bounds between the Twenty (20) yard line and the goal line will be put into play at the thirty-five (35) yard line.
 - I. Kickoffs out of bounds beyond the Twenty (20) yard line will be put into play where it went out.
 - J. Kickoffs that hit the ground are live and must be possessed.
 - K. Kickoffs out of the endzone or downed in the endzone by the receiving team will be put into play at the Twenty (20) yard line.
 - L. After a score of any type, kicking team has One (1) minute to kickoff and avoid a delay of game penalty.
2. Punts -

- A. No rush on declared punt. Neither team may move until ball is kicked.
- B. Undeclared punt is nonrestricted.
- C. Return team must have at least Four (4) players on the line.
- D. If ball hits the ground on the snap to the punter, the ball is live and defense may rush (Field of play or endzone).
- E. If a punt is declared, the only way to change the play is to call a time out.
- F. Failure to intentionally punt a declared punt will result in a Ten (10) yard penalty and loss of down. This does not include a (11) fumbled snap.
- G. Punter must be at least Five (5) yards behind the center at the time of the snap.
- H. Punter must kick the ball immediately, no delay.
- I. Punts may be brought out of the end zone or downed in the endzone. If downed in the endzone, the ball will be put into play at the Twenty (20) .
- J. Muffs are live.
- K. Fumbles are live.

3. Safety -

- A. A kick after a safety may be either a punt or a place kick.
- B. Kick is to be done from the Twenty (20) yard line.
- C. Receiving team must line up on the Thirty (30) yard line.
- D. Kick is treated as a Kickoff.

SECTION 7 - SCORING

- 1. Touchdown - Six (6) points.
- 2. Extra Points -
 - A. One (1) point for a run or pass from the Five (5) yard line.
 - B. Two (2) points for a run or pass from the Ten (10) yard line.
- 3. Safety - Two (2) points.
- 4. Forfeited Game - One (1) point.

SECTION 8 - PENALTY CHART

- 1. decline - all penalties are declinable.
- 2. Five (50) Yard Penalties;
 - A. Required equipment worn illegally.
 - B. Illegal delay of game.
 - C. Unfair tactics.

- D. Substitution rules infraction
 - E. Putting the ball into play before declared "Ready for play"
 - F. Delay of game
 - G. Not enough players on the line - line of scrimmage, kickoff, or declared punt.
 - H. Encroachment on kicks.
 - I. Not being Five (5) yards behind center on declared punts.
 - J. Invalid or illegal fair catch signal.
 - K. Illegal ball adjustment by the snapper.
 - L. Illegal position by snapper.
 - M. Illegal snap.
 - N. Defensive encroachment. Two (2) consecutive encroachments by the same team. Ten (10) yard penalty.
 - O. Interlocked legs on line of scrimmage.
 - P. False start.
 - Q. Failure to pause One (1) full second following huddle or shift.
 - R. Player out of bounds when ball is snapped.
 - S. More than One (1) player in motion during snap.
 - T. Player on line of scrimmage receiving snap.
 - U. Offensive player not in Seven (7) yards from sideline.
 - V. Intentional fumble out of bounds.
 - W. Intentional grounding. (Also loss of down)
 - X. Illegal forward pass. (Also loss of down)
 - Y. Helping the runner.
3. Ten (10) Yard Penalties:
- A. Delaying the start of either half.
 - B. Declared kick failing to cross the line of scrimmage.
 - C. Fair catch interference.
 - D. Two (2) or more consecutive encroachments by the same team.
 - E. Eligibility lost intentionally going out of bounds.
 - F. Offensive or defensive pass interference.
 - G. Illegally secured flag belt on touchdown. (Also loss of down)
 - H. Unsportsmanlike player conduct.
 - I. Spiking, kicking, throwing or not returning the ball to officials during dead ball period. (Excluding T.D.)
 - J. Tripping an opponent.
 - K. Intentional contact with an opponent on the ground.
 - L. Intentional drive or run into defensive player.
 - M. Clipping.
 - N. Holding.
 - O. Flag guarding.
 - P. Stiff arm.

- Q. Batting a free ball.
 - R. Illegal participation in a play
 - S. Illegal substitution.
 - T. Re-entry of disqualified player.
 - U. Pretend unfair substitution.
 - V. Illegal kicking.
 - W. Holding ball carrier while attempting to remove flag.
4. Fifteen yard Penalties:
 - A. Unsportsmanlike conduct by coaches, substitutes or others subject to the rules.
 - B. Throwing the runner on the ground.
 - C. Unnecessary roughness of any kind.
 - D. Illegal or excessive rough block.
 - E. Obtain illegal position upon body of teammate or opponent.
 - F. Tackle the runner.
 5. Ejection Penalties:
 - A. Fighting.
 - B. Flagrant Unsportsmanlike player conduct.
 - C. Flagrant spiking, kicking, throwing or not returning the ball to the officials.
 - D. Flagrant Unsportsmanlike conduct by anyone subject to these rules.
 - E. Flagrant personal fouls.
 - F. Intentional tampering with flag belt. (also loss of down)
 6. Violation Of Ejection:
 - A. any player ejected from a game for any reason whom is found to be playing in direct violation of their ejection shall result in a fifteen (15) yard unsportsmanlike conduct penalty and be removed from their teams roster for the remainder of the season. There are no appeals.

SECTION 9 - ENFORCEMENT OF PENALTIES

1. Defensive Pass Interference:
 - A. Spot or foul.
 - B. Automatic first down.
2. Roughing the Passer:
 - A. If pass is completed - yardage of pass play plus Ten (10) yards.
 - B. If pass is incomplete - Ten (10) yards from line of scrimmage, plus automatic first down.
 - C. consecutive or repeated roughness penalties shall result in ejection from the game.
3. Roughing the Center - Ten (10) yards from line of scrimmage.
4. Holding or Clipping - Ten (10) yards from line of scrimmage.
5. Penalties on Kickoffs - From spot of the foul.

6. Penalties on running plays - From spot of the foul.
7. Penalties on Completed Pass Down Field - From spot of the foul.
8. Penalties on Score - Marked off on following kickoff.
9. Offsetting Penalties - Play down over.
10. Multiple Live Ball Fouls - Only One (1) penalty may be chosen.
11. Multiple Dead Ball Fouls:
 - A. Penalties for dead ball fouls are administered separately and in order of occurrence.
 - B. Dead ball fouls are not coupled with live ball fouls.
 - C. Penalize all Unsportsmanlike fouls separately.
12. Five (5) yard penalties inside of the Ten (10) yard line shall be half the distance to the goal.
13. Ten (10) yard penalties inside the Twenty (20) yard line shall be half the distance to the goal.

NOTE: ANYTHING NOT COVERED IN THE PREVIOUS RULES, SHALL BE IN ACCORDANCE WITH N.F.L. RULES AND REGULATIONS.